

Rockville's Caregiving Agencies

Helping Our Community's Neighbors in Need

Giving Back is What Makes Rockville Special

While Rockville sits at the heart of one of the nation's most prosperous counties, some might be surprised to hear what some people face every day in our community.

In the City of Rockville:

- 1 in 16 children lives in poverty.
- More than 4,600 residents experience chronic food insecurity.
- 2,800 students in Rockville schools qualify for free and reduced-price meals.

Through the years, a tradition of community service has been established in Rockville. The city's annual Holiday Drive, which helps Rockville families during the holiday season, collects and distributes Thanksgiving meals in November and toys and gifts in December to hundreds of Rockville children, families and seniors. The city invites you to support your Rockville neighbors by contributing to the Holiday Drive this year.

Thanks to the support of Rockville businesses, organizations and community members, last year's total of \$75,335 in contributions represented an 11 percent increase in giving over 2013.

As a result, the Holiday Drive provided:

- Thanksgiving baskets to 492 households.
- A Thanksgiving luncheon to 112 seniors.



Volunteers help sort and pack donated food for distribution at Thanksgiving.

- Gift cards for 257 teens.
- Toys for 411 young children at the Secret Toy Shop.
- Sponsorship for 74 families, with individual gifts for each family member.

Here are some ways you can make a difference:

- Organize a canned food drive (with a focus on healthier food like low-sodium beans and soups, no sugar added canned fruits and whole wheat pasta).

- Pack or deliver Thanksgiving food baskets.
- Assist on-site with the toy distribution.
- Organize a toy or book drive to collect new unwrapped toys or books (new books for children of all ages, including teenagers, are needed).
- Donate \$20 gift certificates for Target or Giant.
- Send a tax-deductible contribution (checks can be made payable to Rockville Holiday Drive Fund, and sent to: 111 Maryland Ave., 1st Floor, Rockville, Md., 20850).

You can donate food at City Hall and city recreation facilities until Nov. 19 for the Thanksgiving holiday. Toys must be received by Dec. 17. All of the food, toys and gift cards distributed by the Holiday Drive are donated or purchased using donated funds. All donations of money and goods are tax deductible.

The drive involves about 200-250 volunteers who help sort, pack and deliver donations, wrap toys, work at the toy shop and more. If you would like to volunteer, email Kate Bouwkamp at kbowkamp@rockvillemd.gov or call 240-314-8310.

Find a list of food requested by the drive, a list of holiday gift items needed and more information at www.rockvillemd.gov/holidaydrive.



At last year's Holiday Drive toy shop, over 400 children received toys organized by volunteers like these.

Lend a Hand Now and Throughout the Year

Connect with the caregiver organizations in this special insert this season and throughout the year, and take advantage of some of these ways to help:

Donate

- Food and clothing banks and furniture programs can use items all year. Some organizations will even pick up from your home.
- Pick up extra non-perishable food items every time you go to the grocery store and drop them off at a food bank when you have a boxful.
- Check out the descriptions of local organizations in this insert for a list of items that are needed and an organization where you can make a donation.

Volunteer

- An hour or two a week can go a long way when spent volunteering for a local nonprofit organization.
- Jobs and tasks for volunteers vary widely among organizations and can range from sorting clothing donations to boxing food to professional consulting.
- Learn how to contribute at www.rockvillemd.gov/volunteer, or go to www.montgomeryserves.org to view opportunities throughout Montgomery County.

Serve

- Use your leadership skills and interest in helping people as a board member for a nonprofit organization.
- Board member responsibilities can range from program and event planning to fundraising to developing partnerships with related community groups.
- Join Rockville's Human Services Advisory Commission to help the Mayor and Council in deciding appropriate city roles and priorities concerning human services.



Rockville's Community Services Division Answers the Call

If you need assistance from any of the caregiver agencies listed in this special insert, Rockville is here to help.

The Community Services Division provides for the well-being of individuals and families by identifying needs, administering programs and making appropriate referrals. It:

- Administers City of Rockville grants to local nonprofit agencies to provide housing, health care and supportive services to Rockville residents.
- Provides emergency financial assistance to eligible community members experiencing financial crisis such as an eviction, foreclosure or utility shut-off, or who need emergency prescription medication.
- Helps residents find resources for finan-

cial assistance, career counseling, income tax assistance, emergency food and clothing, child care, treatment for drug and alcohol abuse, health care and many other needs.

- Offers free early-intervention and prevention counseling to eligible school-aged children and their families.
- Runs the Linkages to Learning Program at Maryvale Elementary School, which helps students and their families with services to ensure that children are successful in school, at home and in the community.

Learn more at www.rockvillemd.gov/communityservices or by calling 240-314-8310.



Human Services Advisory Commission

This volunteer commission provides advice and guidance to the Mayor and Council on human service needs in Rockville and how best to address them.

Ciriac Q. Gonzales, At-Large Representative
Rici Rutkoff, At-Large Representative
Ruth O'Sullivan, At-Large Representative
Shelagh Van Saanen, At-Large Representative
Eric (Kuohwa) Wang, At-Large Representative
Thomas E. Harr, Caregiver Representative
Robert Dorsey, Caregiver Representative
Agnes Saenz, Caregiver Representative
Arlene Joyce Lipman, Consumer Representative
Debbie Moore, Consumer Representative
Carlos Aparicio, Community Services Staff Liaison

The commission has **one vacancy** and generally meets at 6:30 p.m. the second Tuesday of each month at City Hall, 111 Maryland Ave. If you are interested in serving on the commission, email cityclerk@rockvillemd.gov.



Community Services in Rockville •

Great Places to Donate Your Time, Talent, Money – and Keep it Local! • ¡Excelentes lugares para donar tu tiempo, talento, dinero – y mantenerlo local!

LEGEND

- The agency is a program of:
 - ◆ = Catholic Charities of the Archdiocese of Washington
 - ✖ = Montgomery County Coalition for the Homeless (MCCH)
 - ▲ = Interfaith Works
 - = Community Ministries of Rockville
 - ❖ = Family Services, Inc.
 - = Child Center and Adult Services, Inc.

- ☞ = Description/details of program
- ❖ = Donations that are needed
- ✉ = Contact information

HOUSING • VIVIENDA

Chase Partnership House♦

600-C E. Gude Dr., Rockville, MD 20850

 Thirty-six bed transitional shelter for homeless men recovering from drug and alcohol abuse who may have co-occurring disorders; open 24 hours a day year-round.

Residents receive case management, two meals daily and 12-step meetings along with skills, discussion, shower and laundry services and relapse prevention groups.

Refugio transitorio para hombres sin hogar (36 camas) en recuperación del abuso de drogas y alcohol, y/o que puedan tener trastornos coexistentes; abierto las 24 horas del día durante todo el año.

Los residentes reciben coordinación de casos, dos comidas al día y reuniones de los 12 pasos con apoyo, discusión, ducha y servicio de lavandería y grupos de prevención contra recaídas.

 Paper products such as toilet paper, napkins, paper towels, men's toiletries; personal hygiene items, cleaning supplies, office supplies, and gift cards from department and clothing stores; and non-perishable foods like cereal, oatmeal, canned foods and crackers.

Productos de papel tales como papel higiénico, servilletas, toallas de papel, artículos de tocador de hombre; artículos de aseo personal, artículos de limpieza, artículos de oficina, y tarjetas de regalo de almacenes y tiendas de ropa; y alimentos no perecederos como cereales, avena, alimentos enlatados y galletas.

 Zelalem Zemichael, 301-424-1380 or Zelalem.Zemichael@catholiccharitiesdc.org, www.catholiccharitiesdc.org



Dorothy Day Place♦

5320 Marinelli Road, Rockville, MD 20852

 Transitional shelter for single, unaccompanied, homeless women from abusive situations, eviction or who can no longer live with relatives or may have substance abuse or mental health issues.

Residents receive two meals per day, shower and laundry services, case management, workshops, 12-step meetings and more.

Viviendas de transición para mujeres solteras sin hogar, no acompañadas que vienen de situaciones de abuso, desalojo o que ya no pueden continuar viviendo con sus familiares o sufren abuso de sustancias o problemas de salud mental.

 Los residentes reciben dos comidas al día, ducha y servicio de lavandería, coordinación de casos, talleres, reuniones de los 12 pasos y más.

 Toiletries, towels, sheets, pajamas, robes, slippers, paper products and small appliances to give to ladies when moving out; also non-perishable foods like cereal, oatmeal, canned foods and crackers.

Artículos de tocador, toallas, sábanas, pijamas, batas, pantufas, productos de papel y, a veces, pequeños electrodomésticos para las mujeres cuando se van; también alimentos no perecederos como cereales, avena, alimentos enlatados y galletas.

Zelalem Zemichael, 301-907-9597, cell: 202-904-7891 or Zelalem.Zemichael@catholiccharitiesdc.org, www.catholiccharities.org

Helping Hands Center

622 N. Horners Ln., Rockville, MD 20850

 Provides a safe haven for homeless women with children since 1986; accommodates up to 24 women and children each day, year-round.

Residents receive case management, private bedrooms, laundry facilities, referrals and three meals a day as they work toward ending their homelessness.

Proporciona un refugio para mujeres con niños sin hogar desde 1986; con capacidad para 24 mujeres y niños cada día, durante todo el año.

Los residentes reciben coordinación de casos, habitaciones privadas, servicio de lavandería, referencias y tres comidas al día a medida que trabajan para poner fin a su situación de falta de vivienda.

 Hygiene items, paper goods, bed linens, washcloths, bath towels, gift cards for transportation, diapers, over-the-counter medicines, shoes, emergency clothing; small appliances such as microwave ovens, toasters and coffee pots to give to families who move into housing.

Artículos de higiene, artículos de papel, ropa de cama, toallitas, toallas de baño, tarjetas de regalo para transporte, pañales, medicamentos de venta libre, zapatos, ropa de emergencia, también pequeños electrodomésticos tales como microondas, tostadoras, cafeteras para dar a las familias que se mudan a una vivienda.

 Ann L. Chapman or Tammy Holland, 301-340-2796 or helpinghandsctr@aol.com



Home Builders Care Assessment Center* (formerly Men's Emergency Shelter)

600-A E. Gude Dr., Rockville, MD 20850

 Provides 24 hour year-round shelter and daytime services for 750 homeless men.

Residents receive basic amenities such as showers, bunks, meals and access to laundry and restrooms; case management, vocational counseling, job training, health education classes, in-house 12-step meetings, on-site medical clinic and psychiatric services, mobile dental care and haircuts.

Proporciona 24 horas de refugio durante todo el año y servicios de día para 750 hombres sin hogar.

Los residentes reciben servicios básicos como duchas, camas literas, comidas y acceso al servicio de lavandería y baños; coordinación de casos, orientación vocacional, preparación laboral, clases de educación sobre la salud, reuniones internas de los 12 pasos, clínica médica en sitio y servicios psiquiátricos y el cuidado dental móvil y cortes de cabello.

 Prepared meals, toiletries, gift cards and financial donations (checks should be made out to Montgomery County Coalition for the Home-

less, MCCH); contact Teri Brenits at 301-917-6660 for more information.

Comidas preparadas, artículos de tocador, tarjetas de regalo y donaciones monetarias (cheques deben ser emitidos a nombre de MCCH); contactar a Teri Brenits al 301-917-6660 para obtener más información.

 Jay Scopin, 301-917-6665, www.mcch.net/programs/hbcac.html

Hope Housing*

600-B E. Gude Dr., Rockville, MD 20850

 Three houses that provide permanent supportive housing to 15 formerly homeless men and women with disabilities.

Case manager assists clients in identifying and fulfilling goals that focus on enhancing life skills, providing community referrals for employment and/or education programs, crisis intervention and access to day treatment programs and medication management for relapse prevention as needed.

Tres casas que proporcionan viviendas permanentes de apoyo a 15 hombres y mujeres con discapacidad y sin hogar.

El administrador de casos ayuda a los clientes a identificar y cumplir sus objetivos que se centren en mejorar sus habilidades en la vida, proporcionando referencias comunitarias para el empleo y / o programas de educación, intervención en crisis y el acceso a programas de tratamiento de día y gestión de medicamentos para la prevención de recaídas, según sea necesario.

 Financial donations (check should be made out to Montgomery County Coalition for the Homeless, MCCH); \$25 gift cards to Target or Wal-Mart; cleaning supplies; paper products like napkins, toilet paper and paper towels; contact Teri Brenits at 301-917-6660 for more information.

Donaciones monetarias (cheques deben ser emitidos a nombre de MCCH), tarjetas de regalo de \$25 de Target o Wal-Mart, artículos de limpieza, artículos de papel como servilletas, papel higiénico y toallas de papel; contactar a Teri Brenits al 301-917-6660 para obtener más información

 Jennifer Blackwell, 301-917-6643, www.mcch.net/programs/hopehousing.html

Horizon House▲

114 W. Montgomery Ave., Rockville, MD 20850

 Five homes that provide permanent supported living for 25 formerly homeless disabled adults in a group home setting.

Every resident works with a case manager, setting individualized goals for greater independence.

Cinco hogares que proporcionan apoyo residencial permanente para 25 adultos discapacitados anteriormente desamparados en un hogar de grupo.

Todos los residentes trabajan con un administrador de casos para establecer metas individuales con el fin de tener una mayor independencia.

 Gift cards in \$15-\$25 denominations, hats, gloves, socks, bath towels, toothpaste and pocket calendars.

Tarjetas de regalo de \$15 a \$25, gorros, guantes, calcetines, toallas de baño, pasta de dientes y calendarios de bolsillo.

 Leslie Wiercinski, 301-208-2373, www.iworksdc.org



Jefferson House*

1010 Grandin Ave., Suite A1, Rockville, MD 20851

 Provides permanent supportive housing to formerly homeless men who are in a substance abuse treatment program or have completed a treatment program; serves 6-10 men annually.

Case manager works with residents on budgeting and financial issues, housing services, personal goals, community service work, providing outside speakers, nutritional and educational assistance and follow up on relapse prevention.

Provee vivienda de apoyo permanente a quienes fueron hombres sin hogar y que se encuentran en un programa de tratamiento para el abuso de sustancias o terminaron el programa de tratamiento, sirve a 6 a 10 hombres al año.

El administrador de casos trabaja con los residentes con los presupuestos y problemas financieros, servicios de vivienda, objetivos personales, trabajo de servicio comunitario, provee oradores externos, asistencia nutricional y educativa y da seguimiento a la prevención de recaída.

 \$25 gift cards from stores such as Target or Wal-Mart, SmarTrip cards, cleaning supplies, paper products like napkins, toilet paper and paper towels.

Tarjetas de regalo de \$25 de Target o Wal-Mart, tarjetas SmarTrip, productos de limpieza, productos de papel como servilletas, papel sanitario y toallas de papel.

 Kamika Pope, housing programs director, 301-637-0208 or kpope@cmrocks.org, www.cmrocks.org/services/jefferson-house

Montgomery Avenue Women's Center

12250-C Wilkins Ave., Rockville, MD 20850

 A safe, caring daytime program for homeless women that provides lunch and a snack 365 days per year between the hours of 8 a.m. and 6 p.m. (2 p.m. on weekends).

Provides case management, computer training, group activities, job readiness, life skills counseling and basic needs.

Un programa de día para el cuidado de mujeres sin hogar que ofrece almuerzo y una merienda los 365 días al año entre las horas de 08:00 y las 18:00 (14:00 los fines de semana).

Provee coordinación de casos, capacitación para el uso de computadoras, actividades en grupo, preparación para el empleo, asesoramiento para la vida cotidiana y las necesidades básicas.

 Money, paper products, food, toiletries and clothing. Please bring food and other donations to the shelter before 5 p.m. weekdays and 1 p.m. weekends; drop off or serve your prepared meal or entrée.

Dinero, productos de papel, alimentos, artículos de aseo y ropa. Favor de traer los alimentos y otras donaciones al refugio antes de 17:00 los días de semana y 13:00 los fines de semana, entregar o servir la comida o platos preparados.

 Audra Cannon, director of operations, 301-984-7765



Rainbow Place

215 W. Montgomery Ave., Rockville, MD 20850

 A mission of Rockville Presbyterian Church that provides a warm, safe and caring environment for homeless women.

Serves as a cold weather emergency shelter for women ages 18 and up Nov. 1-March 31.

Una misión de la Iglesia Presbiteriana de Rockville que ofrece un ambiente cálido, seguro y comprensivo para mujeres sin hogar.

Sirve como refugio de emergencia contra el frío para mujeres adultas mayores de 18 años, a partir del 1 de noviembre hasta el 31 de marzo.

 Non-perishable food, winter/rain clothing, hygiene products and cash donations are accepted year round; cooked casseroles, grocery store gift cards, roasted chickens, pre-

Servicios Comunitarios de Rockville

Entres Lugares donde Donar su Tiempo, Talento y Dinero, y que Quede en Casa!

cooked meats and specific fresh food items are welcomed November through March. For a list of needs, please visit www.rainbowplace.org. Call 301-762-1496 to arrange deliveries.

Alimentos no perecederos, ropa de invierno / impermeables, productos de higiene y donaciones en efectivo aceptadas durante todo el año; guisos, pollos asados, salchichas, carnes precocidas y alimentos específicos frescos serán bien recibidos. De noviembre a marzo. Para obtener una lista de las necesidades, por favor visite www.rainbowplace.org. Llame a la Iglesia Presbiteriana de Rockville al 301-762-3363 para coordinar las entregas.

Barbara Goodwin, volunteer/donation coordinator, at rainbow@rainbowplace.org; Nancy Sushinsky, director, at director@rainbowplace.org, office phone: 301-762-1496, www.rainbowplace.org.



Rockland House

1010 Grandin Ave., Ste. A-1, Rockville, MD 20851

Provides permanent supportive housing to formerly homeless women; serves 5-8 women annually.

Case manager works with residents on budgeting and financial issues, housing services, personal goals and community service work. Providing outside speakers, life skills sessions and nutritional and educational assistance.

Provee vivienda de apoyo permanente a quienes fueron mujeres sin hogar, sirve a 5 a 8 mujeres al año.

El administrador de casos trabaja con los residentes con los presupuestos y problemas financieros, servicios de viviendas, objetivos personales, trabajo de servicio comunitario, provee oradores externos, asistencia nutricional y educativa y da seguimiento a la prevención de recaída.

\$25 gift cards from stores such as Target or Wal-Mart, SmarTrip cards, cleaning supplies, paper products like napkins, toilet paper and paper towels.

Tarjetas de regalo de \$25 de Target o Wal-Mart, tarjetas SmarTrip, productos de limpieza, productos de papel como servilletas, papel sanitario y toallas de papel.

Kamika Pope, housing programs director, 301-637-0208 or kpope@cmrocks.org, www.cmrocks.org/services/housing-program



Stepping Stones Shelter

P.O. Box 712, Rockville, MD 20848-0712

Provides homeless families with shelter, food, clothing, case management services, employment counseling and tutoring to move them toward self-sufficiency and stable housing.

Staffed 24 hours a day, 7 days a week.

Provee a las familias sin hogar un refugio, alimento, ropa, servicios de administración de casos, consejería de empleo y tutoría para llevarlos a ir hacia un hogar autónomo y estable.

Tiene personal las 24 horas del día, 7 días a la semana.



Clothing, food, household goods, cleaning supplies, diapers, gift cards to Target, Walmart, CVS, Payless Shoes and other stores listed on website; volunteers needed to sort donations, provide meals, clean, do yard work, provide childcare in the evenings, answer phones, do data entry and to help with events and fundraising.

Ropa, alimento, enseres domésticos, artículos de limpieza, pañales, tarjetas de regalo de Target, Walmart, CVS, Payless Shoes y otras tiendas enlistadas en la página Web; se requieren voluntarios para dividir las donaciones, proveer los alimentos, limpiar, arreglar el jardín, proveer cuidado de niños en las noches, responder el teléfono, meter datos y ayudar en los eventos de recaudación de fondos.



Holly Rutter and Mary Bennett, co-interim executive directors, or Sara Helmuth, community engagement manager, 301-251-0567, www.steppingstoneshelter.org



Wilkins Avenue Women's Assessment Center

12250-A Wilkins Ave., Rockville, MD 20850

Sixty-five bed short-term emergency shelter serves more than 300 homeless women who struggle with mental illness, substance abuse, trauma and long-term disabilities.

Case managers work with women on recovery and stability and connect them with medical, mental health and social services, with the goal of moving them into permanent housing.
65 camas de refugio de emergencia a corto plazo, sirven a más de 300 mujeres sin hogar que padecen de una enfermedad mental, abuso de sustancias, traumatismos y discapacidades a largo plazo.

Los administradores de casos trabajan con las mujeres en la recuperación y estabilidad y en conectarlas con servicios médicos, servicios de salud mental y servicios sociales con el objetivo de ubicarlos en viviendas permanentes.



High efficiency liquid laundry detergent, liquid hand soap, hand sanitizer, feminine hygiene products, washcloths and gift cards for emergency food needs.

Detergente líquido de alta eficiencia de lavado, jabón líquido, desinfectante de manos, productos de higiene femenina, paños y tarjetas de regalo para las necesidades alimentarias de emergencia.



Diana Bernhardt, 301-770-2413 or dbernhardt@iworks.org, www.iworks.org

BASIC SERVICES • SERVICIOS BASICOS



Interfaith Clothing Center

751 Twinbrook Parkway, Rockville, MD 20851

Assists low-income Montgomery County residents.

Distributes donated clothing, home goods, school supplies, new baby items, toys and books free of charge.

Ayuda a residentes de bajos ingresos del Condado de Montgomery durante más de 30 años.

Distribuye donaciones de ropa, artículos para el hogar, útiles escolares, nuevos artículos para bebés, juguetes y libros de forma gratuita.



Gently-used or new children's, women's and men's clothing and shoes; home goods including dishes, small appliances, lamps and linens; new infant items including diapers, toys and

books; volunteers needed during operating hours to sort donations, hang clothing, greet/assist donors, answer phones, enter data, help children's activity or assist disabled clients.

Ropa y zapatos nuevos o semi nuevos de niños, mujeres y hombres; artículos para el hogar como platos, pequeños electrodomésticos, lámparas y ropa de cama, nuevos artículos para recién nacidos como pañales, juguetes y libros; se necesitan voluntarios durante las horas de funcionamiento para las donaciones, colgar la ropa, saludar / ayudar a los donantes, contestar a los teléfonos, ingresar datos, ayudar con las actividades de los niños o ayudar a los clientes con discapacidades.



Erin Kauffman, site coordinator, 301-424-3796 or EKauffman@iworks.org, www.iworks.org

Manna Food Center

9311 Gaither Rd., Gaithersburg, MD 20877

The designated emergency food assistance provider in Montgomery County providing a 3-5 day supply of fresh and non-perishable food to 3,600 families in need each month and over 2,000 hungry elementary school children every weekend.

Smaller county agencies including soup kitchens, emergency shelters and small pantries received over 325,000 pounds of food free of charge from Manna last year.

Cada mes, el proveedor de asistencia alimentaria de emergencia en el condado Montgomery proporciona un suministro durante 3-5 días de alimentos frescos y no perecederos a 3.600 familias necesitadas y a más de 2.000 niños hambrientos de edad escolar cada fin de semana.

Agencias pequeñas del condado, incluyendo pequeños comedores, refugios de emergencia y pequeñas despensas recibieron más de 325.000 libras de alimentos de forma gratuita de Manna durante el año pasado.



Food and funds accepted; volunteers welcome.

Alimentos y fondos aceptados; voluntarios bienvenidos.



Jackie DeCarlo, executive director, 301-424-1130 or info@mannafood.org, www.mannafood.org



Rockville Emergency Assistance Program (REAP)•

8 W. Middle Ln., Rockville, MD 20850

Provides emergency financial assistance to individuals and families living in zip codes 20850, 20851, 20852, 20853, 20854, 20855 to help pay rent, mortgage, utility bills and for prescription medications.

The program also makes referrals for residents of Montgomery County to social services including food, clothing, computers and dental and eye clinics. Located in the Mansfield Kaseman Health Clinic.

Provee ayuda financiera de emergencia a individuos y familias que viven en los códigos postales 20850, 20851, 20852, 20853, 20854, 20855 para ayudarlos a pagar la renta, la hipoteca, los servicios y por medicamentos recetados.

El programa también refiere a los residentes del Condado de Montgomery a servicios sociales que incluyen comida, ropa, computadoras y clínicas dentales y oftalmológica. Se localiza en la Clínica de Salud Mansfield Kaseman.



Monetary donations and \$20 gift cards to CVS, Walgreens, Target and grocery stores. Volunteers needed to serve as intake coordinators.

Donaciones monetarias y tarjetas de regalo de \$20 de CVS, Walgreens, Target y supermercados. Se requieren voluntarios para servir como coordinadores de admisiones.



Odeth Berlin, program director, 301-917-6811 or ohall@cmrocks.org, www.cmrocks.org



Rockville Help (also known as FISH: Friendly Immediate Sympathetic Help)

P.O. Box 1624, Rockville, MD 20849-1624

All-volunteer organization providing emergency financial assistance for prescriptions, housing, utilities and food.

Organización de voluntarios de ayuda financiera urgente para recetas, vivienda, servicios públicos y alimentos



Non-perishable foods and money; volunteers needed to answer voicemails one day a month.

Alimentos no perecederos y dinero, se requieren voluntarios para responder los mensajes de voz un día al mes.



Carmen Briscoe or Nell Hubbard - 301-564-0800 or CallRockvilleHELP@gmail.com

YOUTH & FAMILY • JUVENTUD Y FAMILIA

Friends in Action

114 W. Montgomery Ave., Rockville, MD 20850

Creates a network of people from different faiths and ethnic backgrounds to provide caring outreach to families in our community. Volunteers provide a supportive relationship to a family in need for one year to help identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well-being.

Crea de una red de personas de diferentes credos y orígenes étnicos para proporcionar cuidados de alcance a las familias en nuestra comunidad.

Los voluntarios proporcionan una relación de apoyo a una familia necesitada por un año para ayudar a identificar sus fortalezas y desarrollar metas alcanzables y manejables que les guie hacia la independencia financiera y el bienestar personal.



Diapers, wipes, grocery store and shoe gift cards; teams of volunteer mentors welcome.

Pañales, toallitas, tarjetas de regalo de tiendas de comestibles y zapaterías, bienvenidos los equipos de mentores de voluntario.



Monica Barberis-Young, 301-762-8682 or mbarberis-young@iworks.org, www.iworks.org



Healthy Families Montgomery*

610 E. Diamond Ave., Suite 100, Gaithersburg, MD 20877

Voluntary home visiting program for first-time parents who live in Montgomery County; services available in English and Spanish at no charge.

Offers parenting skill building, child development education, linkage to community resources, case management, monitoring of child development and immunizations and parent education/support groups.

Voluntario del programa de visitas domiciliarias para padres primerizos que viven en el Condado de Montgomery; servicios disponibles en inglés y Español sin cargo alguno.

Ofrece desarrollo de habilidades de crianza, educación para el desarrollo infantil, vinculación a los recursos comunitarios, coordinación de casos, seguimiento del desarrollo del niño y las vacunas y grupos de educación / apoyo para padres.

Diapers and infant/toddler toys/books.

Pañales y juguetes para recién nacidos y niños pequeños (que empiezan a caminar) / libros.

Janet Curran, 301-840-3232 or curranj@fs-inc.org, www.fs-inc.org

HEALTH • SALUD

Elderly Ministries Program*

1010 Grandin Ave., Suite A1, Rockville, MD 20851

Provides case management, homecare services, assistive devices and other support services to help low income seniors age in place.

Provides minor home repair/modifications and furnace cleaning to homes of low-income seniors and adults with disabilities.

Provee administración de casos, servicios a domicilio, dispositivos de asistencia y otros servicios de apoyo para ayudar a que los adultos mayores con pocos ingresos envejezcan tranquilos.

Provee reparaciones o modificaciones menores al hogar y limpieza de hornos a hogares de ancianos con pocos ingresos y adultos con discapacidades.

\$20 gift cards for grocery stores and CVS pharmacies; monetary donations are appreciated and used to fund repairs for the homes of elderly residents. Volunteers needed to serve as friendly callers and visitors and to deliver Manna Food.

Tarjetas de regalo de \$20 de supermercados y farmacias CVS; se aprecian las donaciones monetarias y se usan para financiar las reparaciones de las casas de los ancianos residentes. Se requieren voluntarios para servir como amigo telefónico, visitarlos y realizar las entregas de Manna Food.

Andrea Rogers, program director, 301-637-0171 or arogers@cmrocks.org, www.cmrocks.org



Mansfield Kaseman Health Clinic*

8 W. Middle Ln., Rockville, MD 20850

Provides primary medical care, specialty care, behavioral health, health education and community outreach to low-income, uninsured adult residents of Rockville and Montgomery County.

Social services provided on-site; services available in English, Spanish, French and Portuguese; for appointments call 301-917-6800.

Provee atención médica primaria, atención especializada, salud mental, educación para la salud y extensión a la comunidad a los adultos residentes sin seguro médico de bajos ingresos de Rockville y el condado de Montgomery.

Servicios sociales proporcionados en situ, servicios disponibles en inglés, español, francés y portugués; para citas llamar al 301-917-6800.

Monetary donations, \$20 gift cards to CVS, Walgreens and Target; cleaning supplies; bilingual volunteers needed as interpreters (Spanish-speaking preferred), medical assistants and nurses.

Donaciones monetarias, tarjetas de regalo de \$20 de CVS, Walgreens y Target, artículos de limpieza; voluntarios bilingües necesarios como intérpretes (preferiblemente en español), asistentes médicos y enfermeras.

Pat Schaefer, clinic manager or Teresita Castro, front desk and health education manager, 301-917-6800, www.cmrocks.org



MobileMed Clinic

981 Rollins Ave., Rockville, MD 20852

Uninsured and Medicaid patients and low-income adult residents of Rockville and Montgomery County receive primary medical care.

Services include exams, preventive screenings, women's health, behavioral health, patient education and specialty referrals; services available in English, Spanish and other languages; call 301-493-2400 or schedule@mobilemedicalcare.org for appointments.

Pacientes sin seguro médico o con Medicaid, adultos residentes de bajos ingresos de Rockville y el Condado de Montgomery reciben atención médica primaria.

Los servicios incluyen exámenes, exámenes preventivos, salud de la mujer, salud mental, educación del paciente y remisiones especiales, servicios disponibles en inglés, español y otros idiomas; llame al 301-493-2400 o schedule@mobilemedicalcare.org para sacar citas.

Volunteer clinicians and monetary donations to support expansion of services.

Médicos voluntarios y donaciones monetarias para apoyar la expansión de los servicios

Peter Lowet, executive director, plowet@mobilemedicalcare.org; volunteer contact: volunteer@mobilemedicalcare.org, www.mobilemedicalcare.org

Positive Aging Project*

16220 Frederick Rd., Suite 502, Gaithersburg, MD 20877

Provides a mental health therapist on site at the Rockville Senior Center.

Prevention and early intervention services are offered through workshops, ongoing support groups and brief individual counseling sessions.

Provee terapeuta de salud mental in situ, en el Centro de Ancianos Rockville.

Servicios de prevención e intervención temprana se ofrecen por medio de talleres, grupos de apoyo continuos y pequeñas sesiones de consejería individuales.

Monetary donations are greatly appreciated to help maintain and expand this important program for Rockville seniors.

Son muy apreciadas las donaciones monetarias para ayudar a mantenerlos y para expandir este importante programa para los ancianos de Rockville.

Nancy Ebb, clinical director, 301-978-9750 or we-aspire.org

CULTURAL DIVERSITY • LA DIVERSIDAD CULTURAL

Chinese Culture and Community Service Center, Inc.

9366 Gaither Rd., Gaithersburg, MD 20877

A nonprofit and non-partisan organization founded in 1982 that provides services aimed at promoting mutual understanding, awareness and appreciation of Chinese and American culture and assimilating Chinese-Americans into mainstream society through language and citizenship instruction.

Programming in education; adult English as second language classes; culture and arts; a new health clinic; community services; senior services; sports and fitness; and youth activities.

Una organización sin fines de lucro y no partidista fundada en 1982 que ofrece servicios orientados a la promoción de la comprensión mutua, conocimiento y apreciación de la cultura china y americana y asimilación de los chino-estadounidenses en la sociedad a través del lenguaje y la enseñanza de la ciudadanía.

Programación de educación; Inglés para Adultos como clases de segunda lengua; cultura y artes, una nueva clínica de salud, servicios comunitarios; servicios para personas mayores, deportes y condición física y las actividades para jóvenes.

Monetary donations; volunteers needed.
Se necesitan donaciones monetarias y voluntarios.

Office: Kate Lu, 301-820-7200 x205 or kate.pavhc@gmail.com, www.ccacc-dc.org

Korean Community Service Center of Greater Washington, Inc.

847-J Quince Orchard Blvd., Gaithersburg, MD 20878

Nonprofit social services organization founded in 1974 providing information and referral services, health and immigration case management; counseling and domestic violence victim assistance services.

Also provides translation, interpretation and educational services including ESOL, computer and citizenship preparation classes, civic education, pro-bono legal services and an annual health fair.

Officially designated a Capital Region Connector Entity Navigation Partner under the Affordable Care Act for Korean/Chinese/Vietnamese-speaking residents of Montgomery and Prince George's Counties.

Organización sin fines de lucro de servicios sociales fundada en 1974 que proporciona información y servicios de referencia, salud y la coordinación de casos de inmigración; servicios de asistencia a víctimas de violencia doméstica.

También ofrece servicios de traducción, interpretación y servicios educativos, incluyendo ESOL, clases de informática y preparación de la ciudadanía, educación cívica, pro-bono de servicios legales y una feria anual de la salud.

Designado oficialmente una Entidad de Conector Capital Región bajo la Ley de Asistencia Asequible para Cuidados para los residentes de coreanos / chinos / de habla vietnamita de los condados de Montgomery y Prince George.

Julia Chang, 240-683-6663 x102, www.kcccgw.org

Language Outreach Program*

1010 Grandin Ave., Suite A1, Rockville, MD 20851

English as a second language and literacy classes in a family-based program; provides infant and child care and tutoring for the school age children of students.

Offers two sessions of citizenship classes; staff help students navigate the immigration process from studying for the exam to completing the applications for citizenship; classes located in Rockville.

Inglés como segundo idioma y clases de alfabetización en un programa basado en la familia; proporciona cuidados infantiles, guardería y tutoría para los niños en edad escolar de los estudiantes.

Ofrece dos sesiones de clases de ciudadanía; el



personal ayuda a los estudiantes a navegar el proceso de inmigración; desde estudiar para el examen hasta completar las solicitudes de ciudadanía. Las clases se encuentran ubicadas en Rockville.

Monetary donations to help provide snacks for children, instructional materials and fees for class instructors; gift cards of \$15 or \$20 to Target and Wal-Mart; prepackaged healthy snacks; also need teachers at \$15/hour and volunteer teachers' assistants, send your resume.

Donaciones monetarias para ayudar a proporcionar meriendas para los niños, materiales de instrucción, y los honorarios para los instructores de clase; tarjetas de regalo de \$15 o \$20 de Target y Wal-Mart; bocadillos saludables empaques. También se necesitan maestros por \$15 la hora y asistentes de maestras voluntarios. Envíe su currículum vitae.

Cecilia Rojas, 301-251-2136 or crojas@cmrocks.org, www.cmrocks.org

美京华人活动中心 (Chinese Culture and Community Service Center, Inc.)

- 一家成立于1982年的无党派非营利性机构
- 该中心提供各种服务，包括那些旨在推动中美文化之间的相互理解、认识和欣赏的服务，以及通过语言指导和公民教育使美籍华人融入美国主流社会的服务。
- 该中心提供教育、文化和艺术方面的培训；并有一个全新的健康诊所。它提供社区服务、老年人服务、以及体育、健身和青少年活动。
- 欢迎爱心捐款和志愿者的加入！

Greater Washington, Inc. 의 한인 지역사회 서비스 센터

- 정보 및 주체 서비스, 웰페어, 건강 및 이민 케이스 관리 서비스 및 카운슬링을 제공합니다.
- 통번역 서비스와 ESL 수업, 컴퓨터 수업, 시민 교육, 및 유치원생부터 12학년 까지 학생들을 위한 5주간 여름 학교를 포함한 교육 서비스를 제공합니다.
- 연간 기금모금 행사



Ways that YOU can make a difference:

- Pack Thanksgiving food baskets
- Organize a canned food drive
- Deliver food baskets
- Assist with our on-site distributions
- Organize a toy drive to collect new unwrapped toys
- Donate \$20 gift certificates for Target, Best Buy, Old Navy, or Giant
- Send a tax-deductible contribution. Checks can be made payable to "Rockville Holiday Drive Fund."

240.314.8310
www.rockvillemd.gov/holidaydrive